

# THERAPEUTICS

APRIL-JUNE  
2023

## Recreation Programming for Adults with Disabilities



This program is funded in part through the Department of Housing and Urban Development's Community Development Block Grant and therefore requires compliance with the standards required as a condition of providing these funds consistent with regulations governing Public Services [(§570.201(e))]. These funds were granted to provide services rendered to Low/Moderate Income Special Needs/Disabled Adults (HUD Eligibility Matrix Code 05B - Handicapped Services) by the City of Chula Vista Recreation Department.

In order to be eligible for this program, you will be required to fill out an Intake form and verify eligibility by providing proof of being an adult with a severe disability by a Medical Doctor or Licensed Counselor with license #. A severe disability are described by the following: Use a wheel chair or another special aid for 6 months or longer; Are unable to perform one or more functional activities (seeing, hearing, having one's speech understood, lifting and carrying, walking up a flight of stairs and walking); Need assistance with activities of daily living (getting around inside the home, getting in or out of bed or a chair, bathing, dressing, eating and toileting) or instrumental activities of daily living (going outside the home, keeping track of money or bills, preparing meals, doing light housework and using the telephone); Are prevented from working at a job or doing housework; Have a selected condition including autism, cerebral palsy, developmental disorders, intellectual disability; or are under 65 years of age and covered by Medicare or receive Supplemental Security Income (SSI). \*We are not able to provide assistance with toileting, medications or transfers.

### FITNESS FANATICS

Join us for some fitness fun. This 2 hour workshop will consist of a variety of exercises, stretching, light workout with bands, free weights, and focus on different muscle groups all while having fun. This class is designed for both ambulatory and wheelchair levels.

Thursdays, May 25th  
3:00pm-5:00pm

### REGISTER TODAY FOR OUR FREE WORKSHOPS

#### MAD SCIENCE

Mad Science will provides materials, instruction and support for those students who are seeking a creative outlet. In this 2 hour workshop you will learn new and fun interactive science or STEM experiments. All science projects and experiments will be creative using different materials.

Thursday, April 6th  
3:00pm-5:00pm

#### SPORTS FOR ALL SORTS

Sports of all sorts is packed with fun. Whether you are a beginner or more advanced player, this multi-sport workshop is a perfect place for you to be introduced to the world of sports, teamwork and athletics! Games we play may include, basketball, soccer, flag football, relay & obstacle races and a whole lot more. You will learn new skills while having a blast and making new friends.

Thursday, April 20th  
3:00pm-5:00pm

#### CRAFTY HANDS

Come get creative with us in this Crafty Hands Arts & Crafts workshop. We will focus on different art project from watercolor painting, sand art, upcycled crafts, and origami.

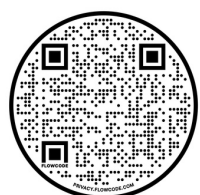
Thursdays, May 11th  
3:00pm-5:00pm

#### DANCE & MUSIC

Get your dancing shoes on and learn basic dance steps, musical games, musical trivia and all things fun with music! Music makes you feel good, it's a fun way to initiate conversations and socially interact with others all while having fun.

Thursdays, June 22nd  
3:00pm-5:00pm

SCAN HERE TO REGISTER OR VIEW CLASSES ONLINE. CLASSES BEGIN THE WEEK OF APRIL 3RD, 2023.



# SPECIAL EVENTS



## SPRING FLING DANCE

**Friday, April 14th, 2023  
5:00pm-7:00pm**

Join us for our Spring Fling Social! Participants will have a fun night dancing and hangin' out with new friends, playing games, arts & crafts and refreshments will be served. Make sure to pre-register for this event. Space is limited.

**Location: Heritage Community Center  
1381 E. Palomar Street**



## CINCO DE MAYO FIESTA

**Friday, May 5th, 2023  
5:00pm-7:00pm**

It's Fiesta Time! Come join all your friends we will have a fun time playing Loteria Bingo, arts & crafts, and dancing to your favorite tunes. Refreshments will be served. Make sure to pre-register for this event. Space is limited.

**Location: Heritage Community Center  
1381 E. Palomar Street**

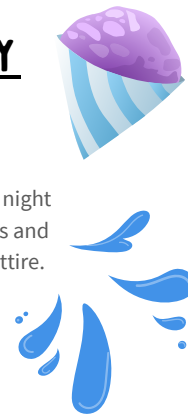


## SPLASH INTO SUMMER PARTY

**Friday, June 16th, 2023  
5:00pm-7:00pm**

Join us at our Splash into Summer Party! Participants will have a fun night dancing and hangin' out with new friends, playing games, arts & crafts and refreshments will be served. Come dressed in your favorite summer attire. Make sure to pre-register for this event, Space is limited.

**Location: Heritage Community Center  
1381 E. Palomar Street**



### REMINDER:

**In order to participate you must submit  
qualifying document: Intake Form**

The Therapeutics program is working on our grant goals for Therapeutic Recreation with our participants which include functional activities by the participant focusing on independence, socialization, fine and gross motor skills, communication, and activities of daily living. We recommend parents and caregivers to wait outside of activity rooms while the participant works on these skills with staff, however, if parents or caregivers are uncomfortable not being in the room or at the table with the student, we will make arrangements.

If a participant needs a parent/caregiver to assist on their behalf for speech impairments this will be permitted. If a participant needs assistance with mobility, transitioning, toileting, eating, or language translation the staff will seek the assistance of the parent/caregiver at that time.

## CAMP SUNRISE

**June 5th - June 9th  
9:00am - 12:00pm**

Camp Sunrise will entertain you with sports & games, music & movement, exercise & fitness, and unlimited fun! Bring a snack and drink each day and wear comfortable shoes and clothing. Space is limited and pre-registration is required.

**Location: Heritage Community Center  
1381 E. Palomar Street**



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